

System Transformation Initiative Community Forum
**MEDICAID MENTAL HEALTH STATE PLAN & MODALITIES
SUMMARY**

STATE PLAN MODALITIES	
Brief Intervention Treatment	(Time-limited, solution-focused or cognitive behavioral models of treatment.)
Crisis Services	(Services intended to stabilize a person in crisis, prevent further deterioration and provide immediate treatment and intervention.)
Day Support	(An intensive rehabilitative program providing a range of life skills training: e.g., health, hygiene, nutritional issues, money management, maintaining living arrangements, and symptom management.)
Family Treatment	(Treatment that provides family-centered interventions to identify and address family dynamics and build competencies to strengthen family functioning in relationship to the consumer.)
Freestanding Evaluation and Treatment	(Evaluation, stabilization and treatment for individuals who pose an actual or imminent danger to self, other or property due to mental illness.)
Group Treatment Services	(Services in a group setting designed to assist in the attainment of goals described in the Individual Service Plan, e.g., developing self care and/or life skills, enhancing interpersonal skills, mitigating the symptoms of mental illness, and learning from the perspective and experiences of others.)
High Intensity Treatment	(Intensive levels of services provided to individuals who require a multi-disciplinary treatment team in the community available upon demand and based on individuals' needs.)
Individual Treatment Services	(Services designed to assist in the attainment of goals described in the Individual Service Plan that are conducted with the individual, his or her family or others who play a direct role in assisting the individual.)
Intake Evaluation	(An evaluation that is culturally and age relevant initiated prior to the provision of any other mental health services except for crisis services, respite or stabilization.)
Medication Management	(Prescribing and/or administering medications and reviewing their side effects.)
Mental Health Services Provided in Residential Settings	(Individual and group therapeutic interventions for individuals living in non hospital settings who are not able to be stabilized in less restrictive environments.)

STATE PLAN MODALITIES
Peer Support (Services provided by peer counselors that promote socialization, recovery, self-advocacy, development of natural supports, and maintenance of community living skills.)
Psychological Assessment (Psychometric services provided by or under the supervision of a licensed psychologist evaluating, diagnostic, or therapeutic purposes.)
Rehabilitation Case Management (Specialized mental health coordination activities for individuals living in residential or inpatient facilities that are intended to promote transition and discharge and to minimize the risk of unplanned readmission.)
Special Population Evaluation (An evaluation by a child, geriatric, disabled, or ethnic minority specialist to provide age and/or culturally relevant information to assist in treatment planning.)
Stabilizing Services (Stabilization services for individuals experiencing a mental health crisis that are provided in a person's own home or home-like setting.)
Therapeutic Psychoeducation (Informational and experiential services designed to aid individuals with mental illness, their family members, and others in the management of psychiatric conditions, increased knowledge of mental illnesses, and importance of individual plans of care.)
Respite Care (Services to sustain the primary caregivers of children with serious or emotional disorders or adults with mental illness that include observation and direct support and monitoring>)
Supported employment (Vocational services for individuals not receiving DVR services, including assessment, job preparation skills, assistance with locating employment, and outreach/job coaching if needed.)
Mental Health Clubhouse (A setting where individuals may receive multiple services, e.g., employment, support groups, related meetings, consumer training, and peer support.)